

Splaine Consulting November 2023

Newsletter

What we're doing, what we're reading, and where we've been: it's all here. Follow our [Facebook](#) & [LinkedIn](#) pages for updates, and forward this newsletter to friends and colleagues interested in all things Alzheimer's. Thanks for keeping us in your inbox!



How to Be a Friend to Someone with Dementia

Learn how to support and connect with individuals living with dementia in this webinar! How to be a Friend to Someone with Dementia webinar will offer practical tips and strategies to support your loved ones with dementia. Learn how to communicate effectively, provide emotional support, and create a positive environment for them. Speaker, Mike Splaine, will share their knowledge and experiences, answering your questions along the way. Whether you're a family member, caregiver, or simply interested in understanding dementia better, this event is for you! Don't miss this opportunity to make a difference in someone's life.

When: Tuesday, December 5th at 4:30pm EST / 1:30pm PST

[Register for the free webinar here.](#)



Splaine Consulting at GSA Scientific Meeting

We will be attending the GSA (Gerontological Society of America) meeting Wednesday, November 8th - Sunday, November 12th in Tampa, Florida. Mike Splaine will be part of the Kickstarting Brain Health Conversations with Diverse Older Adults: Challenges and Opportunities session. The session on November 10th will be moderated by Diane Ty, a member of the GSA Brain Health workgroup. Mike will share his insights about the American Indian and Alaska Native population and discuss the barriers, challenges, and opportunities to having conversations about brain health and cognition with this population. **[Register Here.](#)**

Webinar on Alzheimer's Risk Reduction

Alzheimer's Disease International is hosting the global webinar on risk reduction and behavior change. Register to see exclusive presentations and take part in the discussion with leading experts in dementia risk factors and risk reduction, such as head injury, hearing loss, physical activity, and brain health. The webinar will be November 7 at 8am EST.



The expert panelists will showcase some of their insights from the World Alzheimer's report. Register for the event [HERE](#). You can download the World Alzheimer's report [HERE](#).

Dementia Risk Reduction Data

State-specific fact sheets on the prevalence of risk factors for cognitive decline and dementia, based on data from the Behavioral Risk Factor Surveillance System are now available. Sample data for Georgia is available [here](#). The state-specific data sets can help public health agencies prioritize their efforts in reducing dementia risk. In addition, the Center of Excellence has available state heat maps (by county) and county heat maps (by census tract) on the prevalence of six risk factors for cognitive decline and dementia (hypertension, obesity, diabetes, physical inactivity, smoking, and poor sleep). To obtain copies of the heat maps for your state or county email CenterOfExcellence@alz.org. The Center is headed by the Alzheimer's Association with funding from the CDC.



Live Alones Promising Practices Paper

The National Alzheimer's and Dementia Resource Center (NADRC) developed this paper at the request of the Administration on Aging within the Administration for Community Living (ACL). This resource is intended to support the work of ACL's ADPI grantees and others who are dedicated to developing and delivering programs and services for people living alone with dementia (PLAWD) to support people living with ADRD and their caregivers.

Kate Gordon was part of the team of people who prepared this report.

Topics discussed in the report include:

- Home safety, home repairs, home modifications, and fall risk screenings
- Health care providers and memory and depression screens
- Nutrition and grocery shopping assistance to deliver food to the home or provide home-delivered meals
- Personal care assistance services
- Transportation assistance
- Assistance in completing essential paperwork
- Guidance on how to complete an advance directive

Find "Promising Programs and Services for People Living Alone with Dementia" [HERE](#).

Living Alone & Connected!



Living Alone and Connected! is a private Facebook group for persons living alone with Alzheimer's or another form of dementia. It is platform for members to receive emotional support, share questions or ideas, and find resources regarding their condition and lifestyle. The group is a unique online community is designed exclusively and thoughtfully for people who live alone with a dementia / Alzheimer's. This is to ensure the privacy of our members, and to foster a safe, welcoming, and meaningful space to connect.

Join the Living Alone and Connected group!

The Living Alone and Connected public Facebook page is designed for those who care for people living alone with dementia. The Living Alone and Connected page provides resources to those family, friends, and caregivers who support those living alone with dementia.

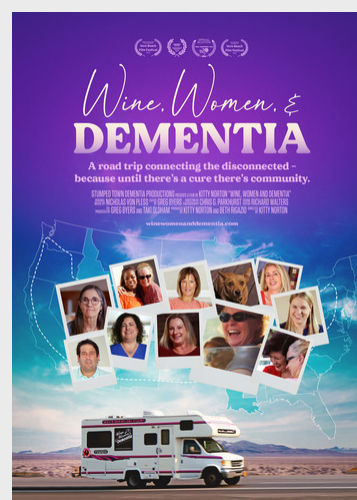
Join the Living Alone and Connected page!

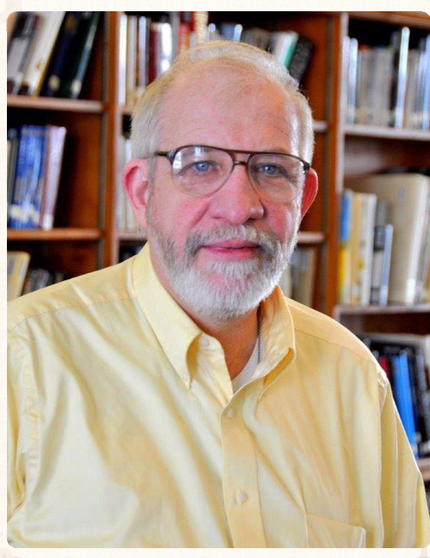
Living Alone and Connected! is hosted and moderated by Splaine Consulting. Living Alone and Connected! is supported in part by a cooperative agreement #90ADPI0067-01-00 from the Administration on Aging (AoA), Alzheimer's Disease Program Initiative (ADPI) and cooperative agreement NVADPI0082 from the Neighbor Network of Northern Nevada and Nevada Senior Services.

Wine, Women & Dementia

Wine, Women, & Dementia is a documentary on dementia family caregivers directed by Kitty Norton. The film exposes the isolation, financial stress, physical and emotional toll these caregivers shoulder. Dementia family caregivers share their experiences and stories and build community together. Check out the trailer [here](#).

The film is having both in-person and virtual screenings throughout the U.S with upcoming screenings at film festivals in Los Angeles, Indianapolis, Dallas, Ojai, and Grayslake. Learn more [here](#).





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